

September – December 2019 - Dates for the Diary



Month	Day/Date	Time	Event	Location
SEPTEMBER	Fri, 6 th	0930*/1030-1200	First Friday Together	Age UK, Claremont Centre, 43 Clifton Road, Rugby, CV21 2QE
	Thur, 12 th	1830-2030	Thursday Together	Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR
	Fri, 13 th	1015 for 1030-1145	Music Session	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 13 th	1330-1430	Cognitive Stimulation Therapy Introductory Meeting	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 20 th	1100-1230	Bereaved Support Group	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 20 th	1330-1630	Understanding Dementia	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Wed, 25 th	1200 for 1230	Pub Lunch	Webb Ellis - Contact for enquiries: Janet Watling (01455 556868) or (07818826977)
	Fri, 27 th	1015 for 1030-1145	Music Session	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
OCTOBER	Fri, 4 th	0930*/1030-1200	First Friday Together	Age UK, Claremont Centre, 43 Clifton Road, Rugby, CV21 2QE
	Thur, 10 th	1830-2030	Thursday Together	Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR
	Fri, 11 th	1015 for 1030-1145	Music Session	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 18 th	1100-1230	Bereaved Support Group	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Wed, 23 rd	1200 for 1230	Pub Lunch	Webb Ellis - Contact for enquiries: Janet Watling (01455 556868) or (07818826977)
	Fri, 25 th	1015 for 1030-1145	Music Session	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
NOVEMBER	Fri, 1 st	0930*/1030-1200	First Friday Together	Age UK, Claremont Centre, 43 Clifton Road, Rugby, CV21 2QE
	Fri, 8 th	1015 for 1030-1145	Music Session	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 8 th	1330-1430	Introductory Meeting to Cognitive Stimulation	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Sat, 9 th	1000-1300	Understanding Dementia	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Thur, 14 th	1830-2030	Thursday Together	Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR
	Fri, 15 th	1100-1230	Bereaved Support Group	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 22 nd	1015 for 1030-1145	Music Session	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN.
	Wed, 27 th	1200 for 1230	Pub Lunch	Webb Ellis - Contact for enquiries: Janet Watling (01455 556868) or (07818826977)
DECEMBER	Fri, 6 th	0930*/1030-1200	First Friday Together	Age UK, Claremont Centre, 43 Clifton Road, Rugby, CV21 2QE
	Thur, 12 th	1830-2030	Thursday Together	Benn Partnership Centre, Railway Terrace, Rugby, CV21 3HR
	Fri, 13 th	1015 for 1030-1145	Music Session followed by Christmas Buffet - 12 till 2pm	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN
	Fri, 20 th	1100-1230	Bereaved Support Group	Friends Meeting House, 28 Regent Place, Rugby, CV21 2PN

First Friday Together

This is an opportunity for people with dementia and those who support or care for them to meet, share experiences and gain information. There is time for those with dementia and their carers/supporters to meet in separate groups. Cost: 50p donation for refreshments.

*** For those caring for someone in residential care**

Each month our First Friday meeting starts at 9.30 for carers of people who have moved into residential care, offering support for their specific needs. The regular meeting for carers and those they care for starts at 10.30.

Thursday Together

A social evening for people with dementia and those who support and care for them to enjoy together. All the family are welcome. There will be information available, and people to talk to about dementia. Thursday Together usually runs on the second Thursday of the month from 1830-2030hrs. Cost: £1 donation for refreshments.

Music Sessions

This is an opportunity to enjoy singing together in a happy atmosphere. These music sessions are for people with dementia and those who support and care for them. Sessions run on the 2nd and 4th Friday of the month. Costs: 50p donation for refreshments.

Understanding Dementia

In these sessions, we consider what physical changes may be behind the experience of dementia; how people may be feeling and how their thinking, memory and relationships may be affected. How can we support them through communicating with them and understanding their needs and sense of reality?

This session is ideal for anyone who is interested in learning more about dementia, especially family carers, staff working in care homes and home care, as well as for people volunteering or working in the community. It is open to anyone. Cost: £5 per person.

Bereaved Support Group

A group has come together of people who have been bereaved following caring for a person close to them who had dementia. Meeting for coffee/tea and sometimes for lunch as well provides support and an opportunity to share experiences but also for companionship. Do contact Jane if you are interested or know someone who might be interested. Cost: 50p donation for refreshments.

Rugby Forget-me-not Friends

In partnership with Age UK Coventry and Warwickshire we run a small befriending scheme for people with dementia and their carers who are isolated and therefore unable to come to our RDS meetings. If you know of anyone, or a couple, living with dementia who are isolated and would appreciate a weekly visit from a volunteer, please contact Jane. We are also looking for new volunteers.

Cognitive Stimulation

We offer support, material and information in the use of Cognitive Stimulation Therapy (CST) for people with mild/moderate dementia. Please contact Jane for more details.

Contact details

Contact Name	Contact Phone	Contact Email
Jane Muers	01788 576854 / 07816 433619 (Chair)	jane.muers@btinternet.com
Bernie Bayliss	07507 631894 (Secretary)	Bernie.Bayliss@gmail.com
Janet Watling	(01455 556868) or (07818826977)	Jntwatling5@gmail.com